Useful information about your team

Your hospice / community nurse is:
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Contact number: ..........................................................................................

Your pharmacy technician is:
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Contact number: ..........................................................................................

Your chemist is:
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Contact number: ..........................................................................................

How to contact Trinity

Royal Trinity Hospice
30 Clapham Common North Side
London SW4 0RN
Call: 020 77787 1000
Email: enquiries@royaltrinityhospice.london

www.royaltrinityhospice.london

@trinityhospice
RoyalTrinityHospice
@royaltrinityhospice
This leaflet provides information about administering your own medications during your stay at Royal Trinity Hospice.

What is self-administration?
At Trinity a system is used that allows you to continue taking your own medicines yourself rather than a nurse doing this for you. This is known as ‘self-administration’.

If you bring your own medicines into the hospice, you will use them to begin with, if it is suitable to do so. When you need more supplies, or you are prescribed a new medicine, we will obtain these from our pharmacy.

Self-administration is an opportunity to improve your knowledge of your medicines, and the reasons for taking them, so you will be able to manage better when you leave the hospice.

Do I have to administer my own medicines?
No. If you choose not to your nurse will administer your own medicines for you.

If you want and are able to administer your own medication you will be asked to sign a form to say that you have had self-administration explained to you and you understand what your responsibilities are while you are staying with us.

As a reminder, these are listed opposite.

Can I change my mind?
Yes. You can stop self-administering at any time if you would rather your nurse administers your medicines.

It may sometimes be necessary for your nurse to give you your medicines e.g. if you are having a problem taking them.

Your nurse will help you so that you can return to taking them yourself as soon as possible.

Can I still get information about my medicines if I choose to not self-administer?
Yes. Whether you choose to self-administer or not your nurse will always explain your medicines. This will include what the medicines are for, how to take them, any side effects to be aware of and how to keep them safe.

Your nurse will give you a ‘Medicines Information Sheet’ explaining all of this to help you remember.

Your responsibilities when self-administering your own medicines on the ward

• Keep all medicines out of the reach of children.
• Medicines can be dangerous if not used properly.
• Do not exceed the prescribed dose of any medicine.

• If you forget to take a dose of medication tell your nurse or doctor.
• Never share your medicines with anyone else.
• Keep the medicines locked in your bedside cabinet and your cabinet key in a safe place.
• If you lose your key you must inform a nurse immediately.
• If a visitor or other patient tries to take your medicines, inform a nurse immediately.
• It is your responsibility to write on your medicine chart every time you take your medicines. Your nurse will show you how to do this, and check that it is correct at regular intervals.
• Always read the information given to you and ask a member of staff if you have any questions, or do not understand any part of this process.
• If you experience any side effects let your nurse or doctor know immediately.
• Your nurse and doctor must see all of your medicines before you go home so they can check these are correct for you.
• Please return your cabinet locker key to your nurse when you leave the hospice to go home.